

## **Contemporary Dance Rules and Regulations**

### **Age Groups**

- Juveniles 9-11
- Juniors 12-14
- Youth 15-18
- Adults 19+

### **Categories**

- 1.Solo
- 2.Duo
- 3.Small Group (5 - 9 participants)
- 4.Big Group (10 and Over participants)

### **Music**

The teacher is responsible for remixing and the delivery to the Dj of the music of each group at the competition. Inappropriate phrases or words should be muted or deleted from the songs

### **The Duration**

1. Solos up to 90 seconds (1 and ½ minutes)
2. Duo up to 120 seconds (2 minutes)
3. Small Group up to 120 seconds (2 minutes)
4. Big Group up to 150 seconds (2 and ½ minutes)

Styles All the contemporary dance styles are acceptable for performance either each style individually or more than one combined among them.

### **Acrobatics**

- Acrobatics are permitted during the performance, although the choreography should not exceed 3 acrobatic tricks in total, which are not allowed to be performed in a single continuation, but they should be split throughout all the choreography
- Acrobatic trick is considered when a full frontal or sagittal rotation of a body is done
- The figures of break dancing style are not considered as acrobatic

### **Outfit For ladies**

- 1.The breast should be covered
- 2.The glutes, the flex point between the legs and the body should be covered, see-through fabrics shouldn't be applied on the intimate body areas General
3. Brief style, not skin colour, underwear should be used
4. The design of the costume should be based on the style of the choreography
5. The jewelries are not allowed